

## PASTA POT

Pasta salad with mixed peppers, sweetcorn and rocket  
 in a tomato, basil and garlic sauce (V) (VE) ..... **4.00**

## TOASTED CIABATTA

*Gluten free and vegan options available.*

Add a helping of Pipers Sea Salt kettle chips on the side ..... **0.50**

Welsh cheddar with honey roasted ham ..... **4.75**

Welsh cheddar cheese with green pesto and tomato (V) ..... **4.75**

## WELSH CELTIC CO. PASTIES

*Large pasties produced in the heart of Carmarthenshire.*

Add a helping of Pipers Sea Salt kettle chips on the side ..... **0.50**

Lamb and mint ..... **5.00**

Cheese and leek (V) ..... **4.50**

Traditional corned beef ..... **4.75**

Chicken balti ..... **4.75**

## TOAST

Toasted bloomer with Welsh butter (V) ..... **2.00**

Add Tip Tree jam or marmalade preserve ..... **0.75**

Toasted tea cake with Welsh butter (V) ..... **2.50**

Add Tip Tree jam or marmalade preserve ..... **0.75**

## CHILDREN'S SANDWICHES

*Gluten free options available.*

Honey roasted ham on bloomer bread ..... **2.75**

Welsh cheddar cheese on bloomer bread ..... **2.75**

Welsh cheddar and honey roasted ham on bloomer bread ..... **3.00**

## SNACKS

Kellogg's cereal bar ..... **1.00**

Jaffa cake snack pack ..... **2.00**

Welsh cakes ..... **1.80**

Crisps ..... FROM **1.00**

## CAKES

All cakes sourced from local  
 Welsh bakeries.

*Gluten free and vegan options available.*

Round cake ..... FROM **3.50**

Loaf cake ..... FROM **3.00**

Tray bakes ..... FROM **3.25**

Muffins ..... FROM **3.50**

## HOT DRINKS

Alternative milks: Oat, Soya and Coconut

Americano ..... **2.95**

Latte ..... **3.10**

Cappuccino ..... **3.10**

Flat white ..... **3.10**

Mocha ..... **3.30**

Espresso ..... **2.55**

Double espresso ..... **2.95**

Add a flavoured shot of Monin  
 to any coffee ..... **0.50**

Hot chocolate

Including cream and marshmallows ... **3.40**

Welsh tea ..... **2.00**

Welsh brew specialist teas ..... **2.20**

Peppermint, Chamomile, Green,  
 Earl Grey, Wild Berry, Lemon and Ginger

## COLD DRINKS

Coke ..... **2.00**

Diet Zero ..... **1.90**

Diet Coke ..... **1.90**

Fanta Orange ..... **2.00**

7 Up ..... **2.00**

Orange juice carton ..... **1.25**

Apple juice carton ..... **1.25**

(V) = VEGETARIAN; (VE) = VEGAN

**PLEASE LET STAFF KNOW IF YOU HAVE ANY FOOD ALLERGIES, INTOLERANCES OR SPECIFIC DIETARY REQUIREMENTS**

Our fresh food is sourced locally to help support and grow the Welsh economy.

Our suppliers include: The Welsh Coffee Company | Clams Cakes | Bryngarw Honey

by Bridgend Beekeepers | Castell Howell | Sidolis Ice Cream | Celtic Pride Bakery

WWW.BRYNGARWCOUNTRYPARK.CO.UK



## POT PASTA

Salad pasta gyda phuprynnau cymysg, india-corn a berwr y gerddi mewn saws tomato, brenhinllys, a garleg (F) ..... **4.00**

## CIABATTA WEDI'I DOSTIO

*Dewisiadau heb glwten a figan ar gael.*

Ychwanegwch ychydig o greision Pipers blas Halen y Môr ar yr ochr ..... **0.50**

Cheddar Cymreig gyda ham wedi'i rostio mewn mêl ..... **4.00**

Caws cheddar o Gymru, gyda pesto gwyrdd a thomato (LI) ..... **3.80**

## PASTEIOD MAWR WELSH CELTIC CO.

*Pasteiod mawr a gynhyrchwyd yn Sir Gaerfyrddin.*

Ychwanegwch ychydig o greision Pipers blas Halen y Môr ar yr ochr ..... **0.50**

Cig oen a mintys ..... **5.00**

Caws a chennin (LI) ..... **4.50**

Corn-eidion traddodiadol ..... **4.75**

Balti cyw iâr ..... **4.75**

## TOST

Bara blwmer wedi'i thostio gyda menyn Cymreig (LI) ..... **2.00**

Ychwanegwch farmalêd neu jam Tip Tree ..... **0.75**

Cacen de wedi'i thostio gyda menyn Cymreig (LI) ..... **2.50**

Ychwanegwch farmalêd neu jam Tip Tree ..... **0.75**

## BRECHDANAU PLANT

*Dewisiadau heb glwten ar gael.*

Ham wedi'i rostio mewn mêl ar fara blwmer ..... **2.75**

Caws Cheddar Cymreig ar fara blwmer ..... **2.75**

Cheddar Cymreig a ham wedi'i rostio mewn mêl ar fara blwmer ..... **3.00**

## BYRBRYDAU

Bar grawnfwyd Kellogg's ..... **1.00**

Pecyn byrbryd Jaffa cake ..... **2.00**

Pice ar y maen ..... **1.80**

Creision ..... **o 1.00**

## TEISENNI

Daw pob cacen o fecws Cymreig lleol.

*Dewisiadau heb glwten a figan ar gael.*

Teisen gron ..... **o 3.50**

Teisen dorth ..... **o 3.00**

Cacennau hambwrdd ..... **o 3.25**

Teisennau bach ..... **o 3.50**

## DIODYDD POETH

Llaeth amgen: Soj, Almon, Ceirch

Americano ..... **2.95**

Latte ..... **3.10**

Cappuccino ..... **3.10**

Gwyn ..... **3.10**

Mocha ..... **3.30**

Espresso ..... **2.55**

Espresso dwbl ..... **2.95**

Ychwanegwch siot â blas o Monin i

unrhyw goffi ..... **0.50**

Siocled poeth Gan gynnwys hufen a marshmallows a malws melys ..... **3.40**

Tê Cymreig ..... **2.00**

Brew Cymreig tê arbenigol ..... **2.20**

Mintys poethion, Camil, Gwyrdd,

Earl Grey, Aeron Gwylt, Sinsir a Lemwn

## DIODYDD OER

Coke ..... **2.00**

Diet Zero ..... **1.90**

Diet Coke ..... **1.90**

Fanta Orange ..... **2.00**

7 Up ..... **2.00**

Sudd oren ..... **1.25**

Sudd afal ..... **1.25**

(LI) = LLYSIEUOL; (F) = FEGAN

**RHOWCH WYBOD I NI OS OES GENNYCH CHI UNRHYW ALERGEDDAU BWYD NEU ANGHENION BWYD ARBENNIG**

Mae ein bwyd ffres yn gynnwys lleol er mwyn cefnogi a thyfu economi Cymru. Mae ein cyflenwyr yn cynnwys:

The Welsh Coffee Company | Clams Cakes | Mêl Bryngarw gan Geidwaid Gwenyn

Pen-y-bont ar Ogwr | Castell Howell | Sidolis Ice Cream | Celtic Pride Bakery

www.bryngarwcountrypark.co.uk

